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NO, INFLATION DOESN'T ACCOUNT FOR THE DIFFERENCE

1920s ad found under floorboards of Ottawa home sparks controversy over today's housing costs

PAGE 3

Modern Houses For Sale

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Will Handle Any of These Houses

Anonymous takes on Parsons cause

RCMP say they will reopen case of late teen's alleged rape PAGE 5

Copyright vs. higher education

Intellectual property-rights middleman taking York University to court PAGE 6

Justin Trudeau, his wife Sophie Gregoire and their children, Xavier and Ella-Grace, celebrate after he won the federal Liberal leadership Sunday in Ottawa. ADRIAN WYLD/THE CANADIAN PRESS

Liberals anoint Justin Trudeau

No surprises here.
Runner-up Joyce Murray finished distant second with 10 per cent of vote

Justin Trudeau called for an end to internal Liberal party divisions and an end to the partisan politics of division Sunday night as he was anointed party leader in a landslide, first-ballot win.

Trudeau, eldest son of former prime minister Pierre Trudeau and the Liberals' undisputed star, swept more than 80 per cent of the available points in a final field of six candidates.

Despite the foregone conclusion of Trudeau's coronation, a downtown Ottawa hotel was packed with hundreds of Liberal supporters for the announcement.

"This is the last stop of this campaign but it is the very first stop of the next one," Trudeau told the adoring crowd.

The leadership buzz around Trudeau, 41, has lifted Liberals off the mat after the third-place party suffered its worst electoral defeat ever in 2011.

Polls suggest the telegenic and personable Trudeau appears to be confounding — at least for now — predictions of a polarized, two-way election fight in 2015 between Tom Mulcair's NDP and Stephen Harper's Conservatives.

"We are fed up with leaders who pit Canadians against Canadians. West against East, rich against poor, Quebec against the rest of the country, urban against rural," Trudeau said in his acceptance speech.

"Canadians are looking to us, my friends. They are giving us a chance, hopeful that the party of Wilfrid Laurier can rediscover its sunny ways."

The Conservative party immediately put out a release first congratulating Trudeau on his leadership win and then slamming his inexperience, a theme the ruling party appears likely to plumb repeatedly.

"Justin Trudeau may have a famous last name, but in a time of global economic uncertainty, he doesn't have the judgment or experience to be prime minister," Conservative spokesman Fred DeLorey said.

THE CANADIAN PRESS

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Downtown

Police charge man, 18, in double stabbing

Ottawa police have charged an 18-year-old man in connection with a double stabbing that occurred Friday just before midnight at a highrise apartment building at 420 Gloucester St.

Ricky Gervil of Ottawa faces charges of robbery, uttering death threats, and breach of probation. He was remanded into custody.

Police said two men aged 19 and 22 were stabbed and sent to hospital. Police said the 19-year-old was treated for life-threatening stab wounds and remains in stable condition. The 22 year-old has been released from hospital.

JOE LOFARO/METRO

Road construction

Expect traffic problems on Rideau Street

Construction on a $28 million infrastructure renewal project on Rideau Street will be resuming Monday between King Edward Avenue and Chapel Street, the City of Ottawa says.

Detour signs will be up and westbound traffic will be reduced to a single lane from Chapel to King Edward Avenue. Eastbound traffic will be detoured via King Edward to St. Patrick Street.

Eastbound bus traffic will be detoured via Besserer Street to Chapel Street, back onto Rideau Street. METRO

Home reno unearths 20th century relics

Cost. Contrast in house prices sparks online debate on housing affordability as newspaper ads from nearly a century ago list real estate value

JOE LOFARO
joe.lofaro@metronews.ca

Angela Christiano's daughter Avery Gaspar, 7, stands in front of a home that looks like the one pictured in this 1921 newspaper ad, inset, that was found in the floorboards of her Lindenlea home in January. JOE LOFARO/METRO; INSET/CONTRIBUTED

When Angela Christiano hired a contractor to rip up the original hardwood floor in her Lindenlea home during renovations she never expected him to unearth some early 20th century newspapers ads buried in the floorboards — including one that shone a light on earlier real estate prices in what has become one of Ottawa's most sought after neighbourhoods.

Yellowed and tattered pages of The Ottawa Citizen (formerly The Citizen) dated Jan. 31 and Feb. 7, 1921 were just sitting there — even the classifieds section that Christiano found the most amusing.

"I just thought they were funny," she said Sunday from her kitchen next to the new ceramic tiles that covered the original barn wood floors that kept the newspapers hidden for nearly a century.

"The concept of classifieds hasn't changed."

The most striking find was a heavily torn page with an ad by the Ottawa Housing Commission for a new barn-style home in Lindenlea. The top of the page where the date is printed is ripped off, but it's believed to be from the same year as the other pages she found.

"From $300 to $500 cash; will handle any of these houses; balance on easy terms payable as rent," the ad says, which Christiano interprets as a down payment.

Today, that down payment would cost between $3,408 and $5,680 with inflation, according to the Bank of Canada's inflation calculator.

She thinks the house in the ad might be her neighbour's home.

The owner of a local painting company who also worked on Christiano's home posted a photo of the newspaper ad on Reddit, which ignited an exchange of rants about the cost of buying a home today.

Andrew Wisniowski, director of the Lindenlea Community Association, checked City of Ottawa archives and said a home at 2 Elmdale Ave. sold for $6,500 when it was first built.

The down payment for the home was about $2,000 and the mortgage payment was $26 per month, he added.

That sale price pales in comparison to the going rate for homes in that neighbourhood today.

The asking price for a similar-looking home just one block south of Lindenlea on Putman Avenue, for example, is $450,000. One block north of there is a four-bedroom home listed on MLS for $899,900.

Wisniowski said he might put the newspaper ad in a collection of memorabilia that will be assembled for the community's 100th anniversary in 2019.

Just in case you're wondering, men's suits sold for $42.50 in 1921 and a bar of Palmolive soap put you back 10 cents.

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Doctors' lawsuit claiming racial bias rejected

U of O. Students complaining of racial discrimination already pursued redress in other legal venues: Judge

SEAN MCKIBBON
sean.mckibbon@metronews.ca

A judge has tossed out a lawsuit by three Saudi Arabian doctors against the University of Ottawa, ruling the trio should have gone through the school's internal disputes process first to resolve complaints of harassment and racial discrimination.

According to a ruling by Ontario Superior Court Justice Timothy Minnema, the three — Dr. Khalid Aba-Alkhail, Dr. Manal Alsaigh and Dr. Waleed AlGhaithy — were all doctors seeking specialities from the university.

AlGhaithy was in the neurosurgery program, while Aba-Alkhail and Alsaigh were in the university's cardiac surgery program.

Minnema did not rule on whether the discrimination actually took place or what remedy, if any, ought to be granted to the three students. Instead Minnema noted that the claims in two of the three students' cases had already been dealt with or are still being dealt with in other quasi-judicial and judicial venues.

"The underlying complaint of each plaintiff is that they were not promoted in their programs or were dismissed in their programs," Minnema wrote in his decision.

"To be successful on the claims would require different findings of fact from what was determined in the internal review process on the very same evidence. It would be re-litigation in a different forum. I find this to be an abuse of process."

Runners reaching for representation

Run for Reach winner of the women's 40- to 49-year-old category Wendy Hough, left, poses for a victory photo with Canadian Paralympian Jason Dunkerley and Ottawa Centre MPP Yasir Naqvi following the Sunday race. Hough won her category with a time of 24:13. Organizers said that despite Friday's wintry blast of ice and snow there were 816 participants in the race and 100 volunteers. Some $65,000 was raised to benefit Reach Canada, which helps people with disabilities access legal representation. SEAN MCKIBBON/METRO

Double-decker problem

Transit union calls for investigation after bus fell in ditch ... again

The OC Transpo drivers union called for an investigation Friday after a double-decker bus was pushed off the road and into a ditch by strong winds for the second time during a winter storm near Woodroffe Avenue and West Hunt Club Road.

"I think we need to look at that stretch of roadway. We need to do a full investigation. It's the exact same location, the exact same weather conditions," said Local 279 president Craig Watson. "That's a big concern of ours."

The bus was pushed off the road, slid down a ditch and into a hydro poll, knocking out power in the area, shortly before 8:40 a.m. On Dec. 21, under similar winter storm conditions, another double decker bus was toppled on Woodroffe Avenue near the Nepean Sportsplex.

GRAHAM LANKTREE/METRO

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Sport hunting. Canada's polar-bear trade may be aiding poachers: Russia

Russian officials are becoming increasingly concerned about polar-bear poachers in their country using Canadian documents to disguise illegally hunted pelts.

"I think it is a real problem," said Nikita Ovsyanikov, one of Russia's top polar-bear scientists and a member of the Polar Bear Specialist Group, the leading international research consortium on the animals.

Ovsyanikov claims that Canadian documents required to bring hides into the country are being pulled off shipments and sold separately. The certificates are then applied to skins from Russian bears to make them appear as if they have been legally hunted and imported.

Canada is the only country in the world that allows sport hunting of polar bears, which makes it the only country to issue certificates under the Convention on International Trade in Endangered Species (CITES) that allow polar-bear products to cross borders.

"I'm aware of two cases where not pelts but certificates were offered for sale on the Internet," Ovsyanikov said in an interview with The Canadian Press from Moscow. "The price was $1,000."

Russian officials, supported by the International Fund for Animal Welfare, used concerns over the Canadian documents to argue that all trade in polar-bear parts should be banned at the recent CITES meeting in Bangkok. THE CANADIAN PRESS

Canada is the only country in the world that allows sport hunting of polar bears. ELISHA DACEY/METRO FILE

$18 million annually

7-year break on gun fees to end

The Conservative government is ending a seven-year waiver on gun licence renewal fees next month in an effort to collect about $18 million annually. The changes posted on the weekend restore the $60 licence fee for non-restricted weapons. THE CANADIAN PRESS

British Columbia

Women get worse HIV care: Study

B.C. researchers have found that women with HIV-AIDS are more likely than men to receive substandard treatment. Tracking nearly 3,900 people, the study found women were 25 per cent more likely to get sub-optimal care. THE CANADIAN PRESS

Teen girl's suicide must bring change: Protesters

Rehtaeh Parsons.
Groups say that police and society hold some responsibility for tragedy

RUTH DAVENPORT
Metro in Halifax

Local residents and members of an international hacktivist group called for justice and social change during a protest in honour of a Cole Harbour teen who took her own life.

"There's a responsibility by the public in the way kids are brought up and what they're taught in the home," said a masked member of Anonymous on Sunday, referring to the four boys who allegedly raped the girl when she was 15.

"But there's also a responsibility by the judicial system to act when there's a problem and do a thorough investigation, which is not what happened here."

Rehtaeh Parsons killed herself earlier this month, two years after she was allegedly raped and then harassed by classmates. RCMP did not initially lay charges but have said they'll reopen the case, based on new information.

About 100 people joined the protest outside Halifax police headquarters Sunday.

"We urge the RCMP to act like guardians and set the proper example for the young men of Nova Scotia, and to send a very clear message that this behaviour will not be tolerated," said one protester, Dave, as the crowd cheered.

More than 100 people showed up for a protest demanding justice for Rehtaeh Parsons, including her mother, Leah Parsons, centre, on Sunday. JEFF HARPER/METRO

Enough

"I'm upset and I'm angry, but most of all, I'm tired ... because I've heard stories like Rehtaeh's too often, and they are becoming too commonplace in our society."
Protest participant Jen

Kim Wall, 45, said it's time for parents and other adults to start teaching young boys and men responsibility for their own behaviour.

"I'm really tired of phrases like, 'Boys will be boys,'" she said, after sharing several personal anecdotes of sexual violence.

"It is time that we start teaching our sons respect so that we're not all teaching our daughters to protect themselves against those sons."

In Toronto, a small group held a candlelight vigil at Dundas Square. The participants included victims of sexual violence and a man whose daughter was recently murdered by her ex-boyfriend. They called for change in the way rape and domestic violence are treated by police and the courts.

WITH FILES FROM JESSICA SMITH/METRO IN TORONTO

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Copyright collective to battle universities

Whose lines are they anyway? Expert says legal action intended to 'scare' schools into re-licensing with agency

There's a battle brewing in the world of Canadian academia.

On one side stands Access Copyright, a collective which has provided institutions access to a pool of protected intellectual work for more than two decades while distributing royalties to the writers, artists and publishers it represents.

On the other is a group of universities who no longer feel the need to pay for the services offered by the collective, opting instead to navigate the world of intellectual property rights without a middle agent.

Simmering tensions are now threatening to boil over as Access Copyright takes one of Canada's largest universities to court — a move some see as a warning to others who've ended relations with the agency.

Access Copyright is taking York U to court. TORSTAR NEWS SERVICE FILE

Access Copyright is claiming Toronto's York University, which opted out of an agreement with the collective, has improperly been reproducing and authorizing the copying of protected works.

The issue goes beyond a single institution though.

To combat unauthorized copying, Access Copyright has also filed two applications to the Copyright Board of Canada requesting tariffs that would require schools and universities that don't have an agreement with Access Copyright to pay to use works the agency handles the rights for.

Institutions wouldn't have to pay the tariff if they have direct licence agreements with publishers, use openly accessible work or copy a portion of a work small enough to be considered "fair dealing."

The entire situation could have wide-ranging implications for students and educational institutions across the country.

"At the end of the day, if Access Copyright is successful — although I have to say that based on where the law is at, that seems unlikely — we're talking about millions and millions of dollars being paid by taxpayers to this group," said Michael Geist, a University of Ottawa law professor who is an expert on intellectual property.

The deal at issue, effective until December 2015, requires institutions to pay $26 per full-time student annually — an increase from a previous rate of $3.38 per full-time student plus a 10 cents per page royalty for copying protected works.

THE CANADIAN PRESS

Porter. Fewer hurdles expected for Toronto island airport's new jets

Porter Airlines' expansion plans may be headed for months of turbulence, but not the fierce opposition it faced a decade ago to change at the waterfront airport, says a political observer.

On Wednesday, the airline announced it had placed a conditional order for 12 Bombardier CS100 jets, with 18 options worth about $2.11 billion. The aircraft will allow it to fly to Los Angeles, Florida, Calgary and the Caribbean from Toronto.

The plan stirred vocal opposition from local political and community leaders. But University of Toronto assistant professor Zack Taylor said this time around, the success of the airline may blunt some of the outcry. "This airport is a lot less threatening to people than it used to be," said Taylor, whose focus is on local politics. He said people have become used to the service, except perhaps island residents and those in nearby condos.

He said other issues will likely dominate the next municipal election. THE CANADIAN PRESS

Employees position a model CS100 as Porter Airlines heads Bob Deluce and Don Carty take questions after announcing the purchase of 12 of the jets in Toronto on Wednesday. CHRIS YOUNG/THE CANADIAN PRESS

Canada Revenue Agency

Tax-haven lists prompt disclosures

Wealthy Canadians with money stashed overseas have come forward in droves to confess after secret lists began circulating with the names of people apparently evading taxes in foreign banking havens.

Min. Gail Shea THE CANADIAN PRESS

The CRA has seen the number of disclosures rise dramatically since 2007, when it received a list from Liechtenstein naming 106 Canadians with accounts in secretive banks there. The agency in 2010 received another list from France with information about more than 1,000 Swiss accounts linked to Canadians.

Revenue Minister Gail Shea is pursuing yet another massive list, acquired recently by the CBC, that the broadcaster says has the names of 450 Canadians with money in foreign tax havens. THE CANADIAN PRESS

Ask the Experts

Tips from an Insider

Thinking of selling your old Gold and Silver? You Should, But Be Smart About It.

Over the past five years, the price of gold and silver has seen a dramatic increase. Over the past couple of years, you no doubt, have noticed an increase in the number of companies eagerly willing to take that old gold and silver off your hands for you.

My name is Matthew MacQuarrie. I am the President of Recycle Frog, and yes, we buy gold and silver. I began working with precious metals at the Royal Canadian Mint, and later went on to hold a Vice President position with one of the worlds largest refining groups. If you're considering selling gold and silver, whether you decide to deal with us, or not, consider the following tips. They may just be worth their weight in... nah, I won't go there.

Deal Locally: Local companies depend greatly on word of mouth advertising and are much more likely to treat you fairly. A company that simply travels city to city will often take advantage of potential customers whenever possible. The reason is simple, typically buyers are paid on commission, (so the lower your payout, the higher their payout). And why not, its not like they're ever going to see you again. Harsh but true.

Don't Let the Material Out of Your Sight: Many gold buyers will lure you to their location and ask you to wait while one of their "experts out back" determines the value of your material. Negotiations then take place while your material is no where to be seen. This approach is often accompanied with the "hard sell". In the worst cases, customers have even reported missing items after material is returned. Avoid putting yourself in this position.

Guaranteed Highest Payouts!!! v.s. Being Treated Fairly: Remember what your mother told you, "If it sounds too good to be true..": Most of the advertising our industry uses is aimed at the greedy sidein all of us. Everybody wants the most money, but the fact is, no one in this business is doing it for free. In my experience, the companies boasting the loudest about their payouts are usually the ones paying the least, regardless of their "posted rates" or "highest price guarantees". So be realistic, and deal with a company that has a good reputation.

There is no question, selling gold and silver at current prices, just makes sense. And, our industry is like any industry, there are good companies and there are bad companies. Recycle Frog has always prided itself on providing consumers with relevant information and treating its customers fairly.

For more information or to schedule and evaluation at their downtown office in the World Exchange Plaza (1150-45 O'Connor Street), please call 613.755.4030 or visit recyclefrog.com to find out about their public events. You'll be glad you did.

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PRESTO (FINALLY) WORKS

URBAN COMPASS

Steve Collins
ottawa@metronews.ca

This week, the city's transit commission will likely finally green-light that green card that's been keeping riders in suspense since its first expected launch in 2010, and put it in the hands of 200,000 more users starting next month.

A report from OC Transpo says the last few serious bugs with the Presto fare payment system, including software problems with handheld card readers, have been ironed out. So fare enforcement officers can now tell whether you've actually tapped and paid, or if you're just showing them a cleverly painted library card.

The not-too-shabby 98-per-cent functionality achieved during last year's limited rollout and the first few weeks of a bigger test this year bumped up to 99 per cent in February and March, and the report advises that for a system of this size and complexity, it won't get much better than that.

There were no more difficulties with the card readers on the coldest days of the winter than any other, and transfers between OC Transpo and STO were smooth, with some 4,500 interprovincial taps a day.

The report should occasion some relief among those who've had plenty of reason for doubt along the way, after multiple launch dates that didn't come to pass, serious software glitches and a sole-sourced procurement involving Metrolinx. The GTA transit agency, after all, is less-than-revered at home, where they're warning customers they'll need an additional $2 billion a year — the rough equivalent of our LRT Confederation Line — for the next 25 years or so to keep everything moving down there.

Transpo makes much of the wealth of payment data Presto will collect, and how that will help guide further decisions about transit service: "Staff will be able to know with greater precision how ridership levels fluctuate by the day of the week, how many times on average customers with monthly passes travel each month, how many busses customers use to complete their trips, and how single fares break down between different fare types (regular, express, senior, child, etc.)."

Despite this putative information revolution, however, there's no explanation offered for why, out of 15,466 Presto cards in circulation, only a little over half (8,527) are actually in use. An earlier update speculated that perhaps some new users were waiting to load a monthly pass, but a couple of months have now passed and the latest report is mute on the question.

And sure, Presto will log all the details of where and when you paid, but it won't record anything about the experience of your trip.

That's where more traditional info-gathering comes in. OC Transpo's 2012 Annual Performance Report says complaints were down last year, continuing a trend, and rider satisfaction was up significantly, with 73 per cent evincing a positive perception of the service, up from 59 per cent in 2011.

We must remember, though, that 2011 was the year of the Great Optimization, when riders sucked up a $20-million cut to service, and satisfaction was not a particularly rampant emotion. In 2010, the satisfaction rate was also 73 per cent.

The performance report also notes that ridership is down 2.4 per cent. Fewer customers make fewer complaints. Maybe some disgruntled riders decided they'd rather walk.

ZOOM

Fluorescent falls lights up forest

SEAN LENZ/KRISTOFFER ABILDGAARD/REX FEATURES

The future of photos is bright

This spectacular waterfall is a shot from the Neon Luminance series — a collection of photographs using similar techniques. Produced by two young California-based photographers, the series brings the local forest areas to life with creative lighting.

Their method relies on long exposures (seven minutes) and dropping glow sticks into the water at strategic points, in some cases tying several together. METRO

Best falls in California

- **Yosemite Falls.** One of the tallest known falls with a total drop of 2,425 feet — it forms one of the main attractions at Yosemite National Park.
- **Vernal Fall.** A popular, but deadly 200-foot fall, famously powerful, the Vernal causes a startling number of deaths as visitors stray too close.
- **Horsetail Fall.** Another fall situated in Yosemite National Park, it is a well-trafficked hiking route. Often referred to as "firefall" as it glows red in early spring.

Clickbait

ANDREW FIFIELD
andrew.fifield@metronews.ca

We take a moment to salute crafty Twitter fiction writers who take the brevity and strict character limit forced upon us as a challenge. Here are three of the more reliable sources for entertaining stories squeezed into small spaces.

STEVECOUTTS/FLICKR

@arjunbasu:

A Montreal author with an enviable ability to summon all the humour, wisdom and poignancy 140 characters will allow. Sample: "She uses hurtful words. Words that lead to self-doubt. One day this color combination will be fashionable! I yell, over the sound of the TV."

@crimershow:

If you can tolerate translating the message board meme speak, Crimer Show is a hilarious cop drama that follows the misspelled exploits of a villainous sunglasses enthusiast and the "detetcive" he nimbly eludes.

@nanoism:

Weekly selections from a longtime curator of single-tweet story submissions come with the added bonus of tipping you off to interesting writers. Sample: "Vows etched on a matchstick. 'What do I do with this?' he asks. Engine running, suitcase in hand, she says, 'Burn it, and think of me.'"

Letters

As a reporter in the Canadian media please take some responsibility in covering issues that affect the daily lives of Canadians.

As I'm sure you are aware, 54,500 Canadians lost their jobs in March, and the government's budget cuts are going to make it harder for Canadians to find work. Finance Minister Flaherty promised the cuts wouldn't affect Canadians, but independent research shows that Human Resources and Skills Development will lose nearly a third of its workforce at a time when Canadians most need training and jobs.

If our government thinks they can hide their plans from public scrutiny they will be more likely to do things that Canadians don't want.

When Prime Minister Harper ran for office in 2006, he promised to clean up Ottawa. He created the Parliamentary Budget Office so Canadians would know what our government is doing with our money. From F-35s to prisons, Kevin Page, our first federal budget watchdog, showed that he could hold government accountable for fiscal mismanagement. But Harper let Kevin Page's term expire just before his government released this secretive and misleading budget, and the entire process to replace him is veiled in secrecy.

Sarah Lowes, Toronto

WE WANT TO HEAR FROM YOU: Send us your comments: ottawaletters@metronews.ca

metro

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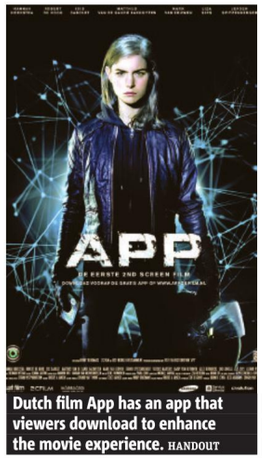
SCENE 2

Phone use in the movies? There's an app for that

Future of film. New horror film's clever use of interactive elements is just the next step in enhancing viewer experience with smartphones

MICHELLE CASTILLO
Metro World News in New York

Apps offer lots of opportunity for interactive elements to complement movies and TV shows. ISTOCK



Dutch film App has an app that viewers download to enhance the movie experience. HANDOUT

What movie actually wants you to whip out your phone while it's playing?

The new horror film App.

Viewers download an app on their smartphones, which uses a digital audio cue — inaudible to human ears — that sends texts and other surprises tied to what's on screen. The film's producer hopes it will "transform cinema around the world."

He's not alone. A survey by Nielsen in June 2012 revealed that 41 per cent of tablet users and 38 per cent of smartphone users fiddle with their devices while watching TV.

Studios believe if they can target the audience to their products, they can not only enhance the viewing experience but gain more viewers.

This isn't the first time we've seen the second screen experience.

U.S. channel AMC offers a Story Sync feature for some of their programs including The Walking Dead and Breaking Bad. Using their wireless devices, users can vote in polls, answer trivia questions and re-watch key moments.

The information updates in real time as the viewer is watching the episode. AMC-owned channel IFC also offers a similar IFC Sync for their program Portlandia.

"Portlandia fans are some of IFC's most engaged viewers and we're excited to give them an even more robust, immediate way to connect with the show and especially with Fred and Carrie," Craig Parks, IFC's vice-president of digital media, said.

Defiance has a first-person shooter game to complement the show. HANDOUT

Now, some companies are branching out into the gaming world.

The plot of the SyFy Channel series Defiance, revolves around a world where humans and aliens live together after years of strife and conflict.

While the TV show explores characters and dramatic storylines, a directly tied first-person shooter video game will allow viewers to fully immerse themselves in the universe.

And Starz's Da Vinci's Demons will offer a video-game-like app called Citizens of Florence that will allow viewers to explore the history of Florence and the legacy of Leonardo da Vinci.

More content will be unlocked as the series progresses and more real people and inventions are introduced.

Almost 50 videos can be unlocked on the app through mini-game challenges throughout the first eight episode run.

President's Choice FINANCIAL presents
Kathy Buckworth
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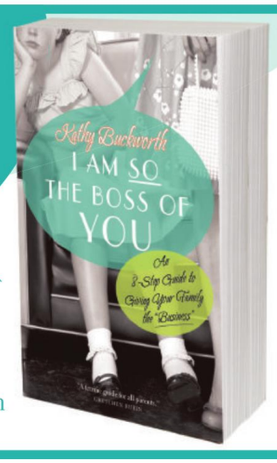

A bad show and a fresh start for the New Kids

New tour. Jonathan Knight explains what happened when he walked out in the middle of a recent performance

Danny Wood, left, Joey McIntyre, Jordan Knight and Jonathan Knight share a laugh about a recent performance. CHRIS YOUNG/THE CANADIAN PRESS

New Kids on the Block member Joey McIntyre says a recent show to promote their upcoming arena tour wasn't their "finest moment."

But he says it's also not indicative of the upcoming stadium performances that will bring them to Canada in June and July. At a recent New York concert, band member Jonathan Knight suddenly walked off stage mid-show, never to return. During a visit to Toronto, Knight admits he's long battled anxiety issues and that it continues to dog him today. But he says it's not as serious as it once was, insisting the New York meltdown had more to do with lack of sleep and problems with his "day job" as a real estate broker. It's a career he started when he retreated from the limelight after the group disbanded in 1994.

McIntyre, Knight and fellow members Jordan Knight and Danny Wood were in Toronto to promote their new album 10 and an upcoming tour with Boyz II Men and 98 Degrees. A publicist said fifth member Donnie Wahlberg was tied up with work on his CBS series Blue Bloods.

'Just one of those things'

"That show wasn't our finest moment. Aside from whatever Jon was experiencing, sometimes we wing it and sometimes we have fun."

Joey McIntyre
On a recent show

"It's not as much of an issue as it was. That was just a bad week. A bad week. I didn't sleep and just was like aggravated with stuff going on back at work. It just built up and that was it," Knight said.

McIntyre agreed.

"That show wasn't our finest moment. Aside from whatever Jon was experiencing, sometimes we wing it and sometimes we have fun and that's OK but we winged the hell out of that show. And it didn't have a structure and a form and so I really don't think Jon would have done that in an arena show or, you know, in a lot of other shows," McIntyre said. "I think sometimes each of us want to leave the stage and it was just one of those things."

THE CANADIAN PRESS

Time to ditch weekly TV release, says scribe

Subscriber television. House of Cards writer says it's time to rethink the way people consume and view television

It's time to rethink the way TV shows are released to the small screen, says House of Cards writer Beau Willimon.

Voracious viewers increasingly refuse to be bound to the TV schedule, so why not give them what they want when possible, says the Oscar-nominated scribe, who co-wrote the George Clooney film Ides of March.

Netflix released the entire first season of Willimon's political drama on its streaming service earlier this year and plans to do the same with the upcoming horror Hemlock Grove and rebooted comedy Arrested Development.

"There's no reason for shows to be done week-to-week anymore," Willimon says in a recent interview from Costa Mesa, Calif.

"That harkens back to the days of live television when the cameras had to roll at a certain night at a certain time and it was being broadcast live. And then you move to shows being pre-taped with live studio audiences ... and people were conditioned for a certain night and a certain time and that's how you sold advertising."

New way to watch

"There's no reason for shows to be done week-to-week anymore."

Beau Willimon
House of Cards writer

Subscription-fuelled networks including HBO, The Movie Network and Movie Central make their money by signing up viewers, rather than advertising. They would be best primed to shift to the all-at-once release, he says.

"There's absolutely no reason to do a week-to-week release with that model. The only argument to be made is that there is a marketing strategy in which over 10 weeks you're able to build a sort of slow burn marketing campaign and the show remains relevant in the press for a 10-week period," he says.

"But we didn't do that and I'm still on the phone with (press) eight weeks after we launched all 13 of our episodes. So I can make the argument that there's ways to stay relevant for just as long as a show that's doing it week-to-week."

And because Netflix ordered two seasons of House of Cards when it bought the series, Willimon could map out storylines in season one that might not pay off until late in season two.

"You have a much broader canvas to work with and you're not playing the ratings game week-to-week early on in your first season," he said.

THE CANADIAN PRESS

Beau Willimon, House of Cards writer. HANDOUT

Justin Bieber ALL PHOTOS: GETTY IMAGES

'Inspired' Justin hopes Anne Frank was a 'belieber'

Justin Bieber visited the Anne Frank House in Amsterdam Saturday. According to the Facebook page for the museum, he wrote the following in the guestbook: "Truly inspiring to be able to come here. Anne was a great girl. Hopefully she would have been a belieber."

Of course Anne Frank would have totally been obsessed with you, Justin, if only she could have found the time in between trying to survive the Holocaust and all.

DOROTHY ROBINSON/METRO

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Pop goes the week

Threesomes, Love and Swift on romance

STARGAZING
Malene Arpe
scene@metronews.ca

James Gandolfini and Steve Carell will star in an HBO movie about feuding paleontologists. How exciting. Dinosaur bonezzzzzzz.

Sears Portrait Studios have closed down. "Dammit," said my mullet and the burgundy jacket with the shoulder pads and gold buttons.

Courtney Love claims she's been approached to become a judge on a TV talent show. Guesses as to which show it may be include X-Factor, The Voice, American Idol and Where The Bleep Am I And Where Are My Bleeping Pants?

Taylor Swift says she doesn't know if she'll ever get married or stay single and "you know, paint in a cottage by the ocean by myself." Or, you know, mutter to yourself in a leaky mansion while surrounded by one-eyed cats.

Russell Brand says he'd like a threesome with the Kardashians. Learning too late that it always pays to be specific, Russell is caught off guard when Kris Jenner and Scott Disick show up.

Oh la la, a Parisian baby for Kanye and Kim?

Kim Kardashian and Kanye West

Sacre bleu? Kim Kardashian and Kanye West were checking out maternity wards in Paris, according to TMZ, leading the site to speculate that perhaps they'd have their baby there. (It's a city also known for its fashion and strict paparazzi laws.)

Twitter

@parishilton
The best proof of love is trust. -Joyce Brothers

@albertbrooks
Hello it's North Korea?
Hi, it's China.
Oh, hi.
Cut it the f— out.
Okay.

@richsommer
@ericstonestreet drunk

Will and Jaden Smith, here in their film After Earth, will be Metro's guests in the Earth Day edition April 22. HANDOUT

Will Smith and his son are gettin' jiggy with Earth Day

Metro special guests.
Will and Jaden Smith join Metro on April 22

Big news for Big Willie Style fans: Jaden Smith will join forces with his father, Will Smith, as special guests of Metro next Monday, April 22. The Smiths will riff off the theme of "the future," creating exclusive content for Metro in honour of Earth Day and the duo's action film After Earth.

Their film is set on — yes — Earth, 1,000 years after humanity has fled, with Jaden on a mission to find help for his injured dad, battling animals and an alien.

As special guests, Jaden and Will Smith will imagine what the world will look like hundreds of years from now, when it comes to environmental impact, advances in technology and transport, and media.

The pair will also sit for an exclusive Q&A with Metro.

METRO

Travel tidbit

Power down?

IT'S ALL RELATIVE
Kathy Buckworth,
kathybuckworth.com

A tablet or large screen smartphone is an amazing entertainment and distraction tool when travelling with children, particularly on crowded airplanes, where the "parenting in public" challenges are magnified due to the enclosed space and normally short tempers of the surrounding travellers.

Most planes and some airports still don't have WiFi, so take the time to download games before you leave.

It's also important to remember that all electronics have to be powered down prior to take off and landing, and in some cases this can be half an hour or more. Thirty minutes in "toddler time" is a long time. Don't rely entirely on electronic diversions for the kids, or yourselves.

Take age appropriate reading materials, activities and toys to fill the time. Snacks are a great distraction also, and as there can be unexpected delays, relying on buying food for a hungry little mouth while on board can be risky. Finger foods such as cereal, dried fruit and cut up vegetables can provide tactile and nutritious ways to pass the time.

One final thought: allowing your child to pass the time by practising their soccer kicks on the seat in front of them is not an option. KATHY BUCKWORTH IS AN AWARD WINNING WRITER. VISIT KATHYBUCKWORTH.COM OR FOLLOW KATHY ON TWITTER @KATHYBUCKWORTH.

Exclusively online

Since your birth, Mommy spends all day, every day, battling the laundry Matterhorn in the basement. Follow along with the comedic (mis)adventures of mommyhood online with Reasons Mommy Drinks at metronews.ca/voices

Julia Sweeney goes from It's Pat to adventures in motherhood

New book. The former SNL star shares her insight into being a mom to an adopted child in If It's Not One Thing, It's Your Mother

JANE BORDEN
Metro World News in New York

In her new book, Julia Sweeney writes about, among other things, adopting her daughter. GETTY IMAGES

Julia Sweeney titled her new memoir after a pillow embroidered with If It's Not One Thing, It's Your Mother, given to her by her mom that she hated until she had a daughter — who now dislikes the pillow herself.

The former Saturday Night Live (It's Pat!) and Broadway (God Said 'Ha!') star writes about her long path to a nontraditional family with insight and warmth.

Also, refreshingly candid humour: She received her adopted child, Mulan, in China, from a man who entered a crowded ballroom holding the baby aloft in the air, while a muzak version of Celine Dion's My Heart Will Go On played from a boom box.

That must've been an overwhelming and complicated moment. Did you even register the humour of it at the time?
Yes! I was so fixated on it that I missed some of the emotional moment. And that, I would say, is something I do.

You write about investigating your genealogy. How has adopting a child affected your thoughts about it?
I've been in conferences about it and they say, "In this room of 300 people, if you go back five generations, you'll have one person in common with all of you." You're related to everyone. It's terribly meaningful. And also completely meaningless. When I adopted Mulan, I felt like I had to not care about my family history. But then I realized I do care.

I just took my niece and nephew to the cemetery and said, "This is your great grandfather." Mulan added, "And my great grandfather." I replied, "Yes!" But then I thought, "Is it?" It's a grey area.

How does Mulan feel about being in your book?
Right now she likes it, but if we butt heads, she'll say, "And I will resent you for the rest of my days because you wrote that book."

Because of the book, does Mulan like the pillow more?
No! She still hates it. And I just looked at it and thought, I should put it in the next bag to Goodwill. Then I remembered, "Oh no, but it's the pillow! I've infused it with all this meaning now. I guess I have to keep it."

New research

Kids say the darndest things

Children learn to swear before they have mastered the alphabet, according to research from scientists in California.

But they are only following the example of adults, said Dr. Melissa Mohr of the University of Stanford.

English language speakers use a swear word for every 140 words they speak — or 0.7 per cent of the time — her research found. And that's why most children know a profanity by the age of one or two. Although, said Dr. Mohr, the level of juvenile swearing really takes off at the age of three and four.

Her book, Holy Sh*t: A Brief History of Swearing, says the upper classes are just as likely to swear as anyone else, although those identifying as middle class are less likely to.

METRO

Every mother needs a time out

Mothers are so busy taking care of everyone else, that they often put themselves last on the list.

If you are a busy mom, here are some simple ideas to nurture and pamper yourself and keep that inner spark glowing.

Diet and exercise:
Women who eat right and get enough sleep usually experience greater levels of energy, lower levels of stress and increased self-esteem. In fact, some forms of exercise can be fun to do with children too, so everyone can benefit.

Home spa
A woman deserves to be pampered, but she doesn't always have the time or budget to get away for some spa time. Why not turn your bathroom into a home spa to help you enjoy the relaxation and beauty benefits of a sublime soak.

Pursue hobbies
A few hours of pure creative engagement apart from the family (think art class, photography or a pottery workshop) can recharge your batteries.

Build your support network
Who's on your speed dial? Develop a set of close connections you can depend on in a pinch and vice versa.

NEWS CANADA

Most professionals agree that it's important for mothers to aim for balance in their lives. NEWS CANADA

Spring bites: Grilled Lamb with Artichoke Lemon Sauce

This recipe serves four. MATTHEW MEAD/ THE ASSOCIATED PRESS

Ingredients

- 3 tbsp finely chopped fresh rosemary leaves, divided
- 2 cloves garlic, minced
- Kosher salt
- 1 tbsp plus 2 tsp extra-virgin olive oil, divided
- 1 lb lamb steaks cut from leg
- 1 cup artichoke hearts, patted dry and chopped (frozen is best)
- Black pepper
- 1 cup low-sodium chicken broth
- 1 large egg yolk
- 1 tbsp fresh lemon juice
- 1 tbsp cornstarch

1. Set aside 1 tsp of chopped rosemary. In wide, shallow bowl combine remaining rosemary, garlic, 1/2 tsp salt and 1 tbsp olive oil. Add lamb and coat well on all sides with herb mix. Cover and chill for at least 1 hour, and up to overnight.

2. Set oven rack 4 inches from broiler heating element. Heat oven to broil.

3. In bowl, toss artichokes with remaining 2 tsp oil and salt and pepper to taste. Arrange artichokes in single layer on rimmed baking sheet. Broil, turning several times, until golden around the edges, about 4 mins. Remove pan from the broiler and set aside.

4. In saucepan over medium, heat chicken broth until simmering. In bowl whisk egg yolk, lemon juice, reserved tsp rosemary and cornstarch. Add a little chicken stock to mix in stream, whisking. Add egg mix back to chicken stock and cook 1 min. Season with salt and pepper, then stir in artichokes. Keep warm over low heat.

5. Heat grill or a grill pan over medium-high heat. Wipe off most herb mix from lamb and spray meat with olive oil cooking spray. Add lamb to grill pan. Reduce heat to medium and cook, turning once, about 4 mins. per side for medium-rare. Transfer lamb to plate, cover loosely with foil; let rest 5 mins.

6. Slice lamb against grain into slices about 1/4-inch thick. Add lamb juices from plate to artichoke lemon sauce. Divide lamb between 4 plates and spoon sauce over each. THE ASSOCIATED PRESS/SARA MOULTON, AUTHOR OF SARA MOULTON'S EVERYDAY FAMILY DINNERS.

Healthy eating

Choose it and lose it

ROSE REISMAN
for more, visit rosereisman.com or follow her on twitter @rosereisman

Everyone's favourite Canadian coffee shop has so many delicious treats to choose from. But you should know what you're biting into.

Tim Hortons old fashioned glazed doughnut

320 calories/19 g fat /22 g sugar
Made without yeast, this is more dense, resulting in higher calories, fat and sugar.

Equivalent

One Tim Hortons old-fashioned glazed doughnut is equal in fat to 13 Special K chocolate delight granola bars.

Tim Hortons honey dip yeast doughnut

210 calories / 8 g fat / 11 g sugar
The yeast allows for a lighter doughnut, which has half the fat and sugar.

BUILDING A
BRIGHTER FUTURE
The Canadian Museum for Human Rights in Winnipeg, Manitoba will be a national and international destination—a centre of learning that will encourage and educate the next generation of human rights champions.
PLEASE DONATE
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Dinner. Rosemary Lamb Tagine with Chickpeas

This recipe serves eight. MATTHEW MEAD/ THE ASSOCIATED PRESS

Ingredients

- 2 tbsp olive oil
- 1 large yellow onion, diced
- 1 head garlic, minced
- 2 lbs lamb leg or stew meat, trimmed of fat and cut into 1-inch pieces
- 2 tbsp chopped fresh rosemary
- 15-oz can chopped or diced tomatoes
- 15-oz can chickpeas, drained
- 3/4 cup chicken broth
- Salt and ground black pepper
- 1 lemon, cut into wedges
- Chopped fresh parsley, to garnish
- Plain Greek yogurt, to serve

One of the original slow cookers — the tagine.

At heart, these conical cooking pots from Morocco are similar to a Dutch oven, at least in terms of how they are intended to be used. The base is shallow, similar to a sauté pan. This is topped with a cone-shaped lid. The base is heated directly on the stove, giving the cook not only the ability to sear meat, but also to finely tune the temperature.

Many tagines are ceramic, but some are cast iron.

Once the ingredients are seared and liquid is added, the lid is placed on the base, the heat is adjusted to maintain a simmer and the cook can walk away. The shape of the lid is designed to allow steam to gather and condense at the top, then drip back down into the food.

The result is near flawless slow cooking that results in moist, tender meats.

1. In the base of a tagine or large Dutch oven over medium-high, heat the oil. Add the onion and garlic, then sauté until tender and lightly browned, about 2 to 3 minutes. Add the lamb and brown on all sides, about 15 minutes.

2. Stir in the rosemary, tomatoes, chickpeas and broth, then bring to a simmer. Cover, reduce heat to maintain a bare simmer and let cook for 2 hours, or until the lamb is fork tender.

3. Season with salt and pepper, then divide between serving plates. Squeeze 1 or 2 lemon wedges over each serving, then top with parsley and a dollop of yogurt.

THE ASSOCIATED PRESS

Precautions. Your home is a valuable asset

With spring underway, it's a time when many Canadians start looking for a new home or thinking about renovations. Either way, it's an ideal time to start thinking about home insurance.

"Your home is your most valuable asset. With severe weather on the rise, it is more critical than ever to ensure that your home is properly protected," says Ralph Palumbo, vice-president, Ontario, Insurance Bureau of Canada (IBC). "If your home is ever damaged or destroyed, it's very important that it is insured to its accurate replacement value. Taking a few insurance precautions now can help get you through a very hectic time if you do need to make a claim."

The IBC recommends:

- Whenever you increase the value of your home through renovations or new content purchases (such as artwork, jewelry), notify your insurance professional as soon as possible to ensure you have adequate coverage.
- Know your policy renewal date and allow yourself at least 60 days to review your coverage with your insurance professional.
- Make a list of key details about your home and contents as that information may be needed when calculating the amount of insurance you need.
- If you are in the process of moving and packing up your possessions, it's an ideal time to do a home inventory. This may help you determine the right amount coverage you need. Take pictures or video your possessions since that information can be helpful in the event of a claim.
- Read your policy carefully. Ask questions. Have your insurance representative explain certain exclusions on your policy. Know what isn't covered.
- In the event you have a claim, know the amount of your policy deductible. Talk to your insurance representative about any deductible adjustments and the impact it could have on your policy.
- Shopping for insurance of any kind is always recommended. It's important to compare prices and products finding the right policy that fits your needs. If you find one that fits your needs better then it's best to wait until your existing policy expires before changing companies to avoid any possible midterm cancellation fees.

INSURANCE BUREAU OF CANADA

You can help combat insurance fraud by reporting any suspicious activity. ISTOCKPHOTO/THINKSTOCK

Steer away from insurance fraud

Take the time. Report the crime. That's the message to consumers from Insurance Bureau of Canada (IBC).

IBC's goal is to reduce insurance fraud. According to the Ontario Auto Insurance Anti-Fraud Task Force Final Report, auto insurance fraud in Ontario is estimated to cost consumers up to $1.6 billion per year in insurance premiums. These estimated costs do not include additional health-care, emergency services and court costs.

"Consumers can help by learning about the different types of insurance fraud and then reporting any suspicious activity," says Rick Dubin, IBC's vice-president of investigations. "When someone makes a false or exaggerated claim, honest policyholders pay for it. We all have an interest in reducing insurance fraud."

Five common types of insurance fraud are:

1. Unscrupulous auto repair shops that intentionally cause additional damage to a vehicle involved in an accident or bill several different insurers for repairing the same prior damage to a vehicle;
2. Medical clinics that ask claimants to sign blank accident benefit forms, then bill insurers for services never provided;
3. Individuals who privately sell a stolen vehicle to an unsuspecting consumer after changing the vehicle identification number to hide its true identity;
4. Collisions that don't seem to make sense, where a driver intentionally causes a collision with an unsuspecting driver and makes it look as if the innocent driver is at fault for the collision;
5. Medical clinics that forge the signatures of legitimate medical practitioners and use their names and college registration numbers without their knowledge or consent on accident benefit forms and then bill insurers for services never provided.

INSURANCE BUREAU OF CANADA

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or visit an RBC Insurance store

In the South Keys Shopping Centre 2212 Bank Street, Ottawa

In the Terry Fox Shopping Centre 500 Hazeldean Road, Kanata

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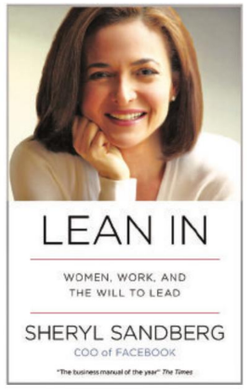
Lean In. How powerful women are reacting to Sandberg's set of rules

Facebook COO Sheryl Sandberg's new book, Lean In: Women, Work, and the Will to Lead, has topped both the New York Times and Amazon best-seller lists for weeks. In it, she argues that women hold few leadership roles in part because of their own internalized fear and doubt. She urges women to "lean in": accept responsibilities without hesitating, promote themselves, and not "leave before you leave," her catchphrase for bowing out to have kids long before considering pregnancy. Some critics have deemed Sandberg an unfit mouthpiece for all women; others argue that she doesn't intend to be. Here, some of the city's most successful working women add their personal experiences to the conversation.



Alison Tocci, president of City Parks Foundation in NYC
I "leaned in" instinctively because I can be an unabashed self-promoter and I like to be in charge. I don't think it's necessary to lead in an arrogant way and I think that is what Sandberg meant when she commented about the importance of being likable. My observation is that women aren't raised to lead. There have been thousands of years of instruction about being "ladylike" and absolutely no guidance on being the person in charge. I took Sandberg's point to be that now that women CAN be the person in charge, they should be conscious of moving toward that goal and not be afraid of the opportunity.

Alexandra Lebenthal, finance expert and author of The Recessionistas
"Leaning in" means going for all the challenges openly. There isn't a teacher monitoring you and grading. It's every person for him or herself.

Constance C.R. White, editor-in-chief of Essence Magazine
I can't profess to having "leaned in." I'm not into actively promoting myself. My nature is to let my work speak for itself. Fortunately I'm with an organization that has fully supported that.

Hilary DeCesare, co-founder and CEO of Everloop
While I was on maternity leave, a colleague of mine was promoted. When I asked my VP why I was not even called about the position, the response was, "Well, you just had twins." I realized I had to have a conversation with both myself and my boss about my goals. I let him know that indeed I did want to apply for the job, and that being a mother made me an even smarter and more dedicated worker. The fire storm this ended up causing changed the way the company handled women in the workplace. Also, I got the job.

JANE BORDEN, METRO NEWS IN NEW YORK

Raising your voice, and your salary, as a female employee

Get it, girl! A working woman recounts her experiences making a case for more moola

ASHLEY MILNE-TYTE
Metro News in New York

How often do you negotiate a raise? If you're female, the answer is quite likely to be not often, or even never.

My first time came about 12 years ago. I was in my 20s and about to switch roles within a company. My co-worker told me I should shoot for a number that constituted a 25 per cent raise.

It seemed like a huge amount and I found it horribly awkward to discuss money — let alone think I was actually worth something. I squirmed at the thought. But during the interview, I summoned up the courage to ask. My supervisor acted surprised, which made me uncomfortable, but I managed to resist backing down.

He muttered that it was a very large raise and I was unlikely to receive that much. Still, he said he'd see what he could do.

I got it.

That was my first lesson in negotiating. Just ask — they can always say no. In almost every study done on negotiating, women simply don't ask for raises as frequently as men do. It's one of the many reasons for the gender pay gap. Of course, I know men who hate negotiating as much as I do (I never said it was fun) and women who consider it a point of pride to fight fiercely for what they're worth. But in general, women face particular challenges when it comes to asking for what we want.

Society still views women as nice and accommodating. Asking for more money doesn't fit that picture. So we have to be careful how we do it to avoid turning people off.

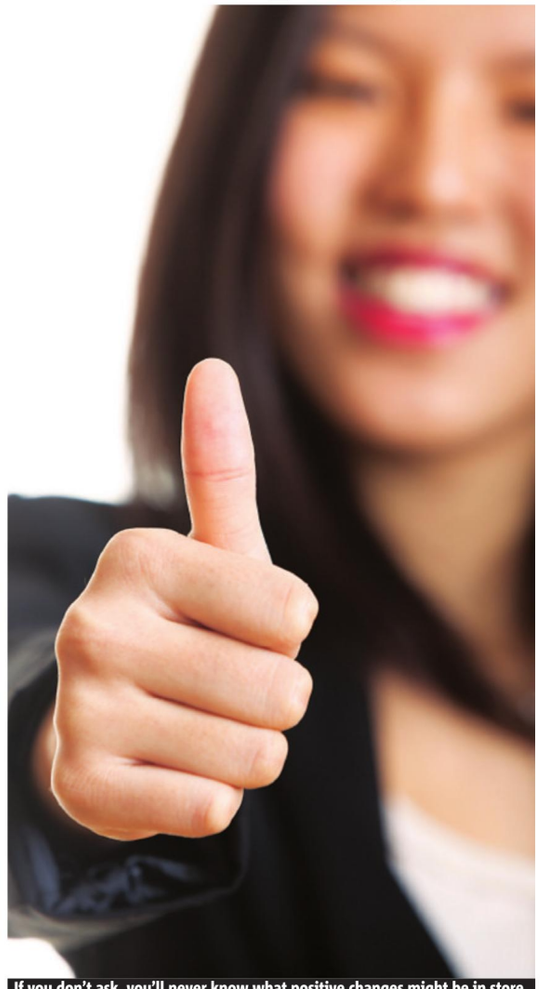
ASHLEY MILNE-TYTE IS A RADIO PRODUCER AND REPORTER BASED IN NEW YORK CITY. SHE HOSTS A BI-MONTHLY PODCAST CALLED "THE BROAD EXPERIENCE" ABOUT WOMEN IN THE WORKPLACE

Dos and don'ts

- **DO your research first.** I recommend Shenegotiates.com and the book Ask for It: How Women Can Use the Power of Negotiation to Get What They Want by Linda Babcock and Sara Laschever.
- **DON'T immediately back down if your boss balks.** This is all part of the game.
- **DO remain pleasant and polite throughout.** Research shows women can get more from negotiating if they play nice while sticking to their guns.
- **DON'T say things like "because I deserve it."** It gets interviewers and managers all hot under the collar because it goes against gender norms for women.

The cash convo

"He muttered that it was a very large raise and I was unlikely to receive that much. Still, he said he'd see what he could do ... I got it."
Ashley Milne-Tyte


If you don't ask, you'll never know what positive changes might be in store for you. ISTOCK

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Skills that will set you up for success in any setting

You want 'em? I got 'em! Today's top transferable talents every employee should perfect

YLVA VAN BUUREN
CareerBear.com

Chances are, you'll make between five and eight career changes before you retire — and according to Stefan Danis, CEO of Mandrake and NEXCareer, it will be your transferable skills that will net you the next job.

"In fact, " says Danis, "unless you work in a highly specialized area, having these generic skills may be the difference between getting a job or promotion, or not."

Simply put, transferable skills are the versatile skills — sometimes thought of as "soft skills" — that will serve you well in many different roles. You learned these skills at school, through social interactions, playing sports and just plain living. Here are the transferable skills Danis looks for:

Emotional intelligence

EI is the ability to relate to people. It includes skills such as empathy, participation, collaboration, communication and negotiation. Being able to perceive, control and evaluate emotions is important in certain job functions. "I think EI and interpersonal skills are increasingly a focus in school because today the workplace is more about teamwork than ever before."

Bust out your boss moves

"Since more than one quarter of employees don't perform well managing others, employers are looking for leadership skills when they are promoting from within."

Stefan Danis
CEO of Mandrake and NEXCareer

Resiliency quotient

You don't control many workplace changes, but you do control how you respond to these changes. "The change gets communicated and then there's that time delay between the communication and your buy-in ... how much time that takes is determined by how resilient you are," says Danis. People with a high resiliency quotient are flexible, adaptable and can multi-task. "Unfortunately, many people are change-adverse. They don't react well and get stuck when their jobs or agenda change. They can emote toxicity that employers want to avoid."

Leadership skills

Although teamwork is the corporate play of choice these days, someone needs to be accountable for getting a project done, says Danis. "Having leadership skills means you have the ability to engage individuals and lead projects." It also means you are industrious and a self-starter, and have initiative. "Since more than one quarter of employees don't perform well managing others, employers are looking for leadership skills when they are promoting from within. In order to lead effectively, you need willing followers."

Analytical skills

This is your willingness to look at the details of a situation from all angles and put together a response to what you see. "Rather than get overwhelmed or miss patterns of what's in front of them, someone with strong analytical skills can make sense of what appears complex. There may be numerous approaches and usually there is one better answer for an organization. If you have strong analytical skills you'll get to that answer quickly," Danis says.

Multicultural sensitivity

"Canadian workforces are increasingly multicultural — in Toronto, 54 per cent of the population is a visible minority — so someone who has what I call 'multicultural sensitivity' is a huge corporate asset." Comparable to the need for gender awareness in the workplace 10 or 20 years ago, having no cultural barriers in the way you think is highly prized, particularly if you're working in an area that involves customer service, sales and human resources, says Danis. "It's about having a more holistic perspective about different points of view, and empathy about how one thinks culturally."

Being organized

Being organized is important because life is so complex with so many distractions. "You're able to get organized, implement, allocate the time to the right areas, pick a completion date, and deconstruct a project with key milestones and intervals," says Danis. These skills include project management and time management capabilities, and understanding what comes first.

The great web of work

- Career Bear is Canada's premier source for people who want a new career but aren't sure where to start.
- Visitors to the website can browse careers by industry, salary, outlook or alphabetical listing and find job profiles, quick career facts and training programs near them.

Eager to learn? Organizations of today want people who are empathetic and work well in a team environment. ISTOCK

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Take notes and own your mistakes

Cruise through the critique. Everyone needs feedback, but not everyone faces the facts effectively

YLVA VAN BUUREN
CareerBear.com

Your performance review is booked for next week, and you're starting to panic. Remember this: every professional faces criticism, and the way you react to it can help you grow or hinder your success, says Dr. Ilona Jerabek, president and CEO of PsychTests.com. "Constructive criticism is always worth considering regardless of whether you initially agree with it or not."

Here's advice on how to get the most of your next performance review.

Leave your ego at the door

Everyone wants to hear that they're doing a great job. "But we all have flaws and we need to accept that and realize we won't ever reach perfection," says Jerabek. There will always be something you can improve on. Use feedback to learn what that is.

Be gracious

You're likely going to hear positive comments first, and it's important to pat yourself on the back and let them sink in. "People tend to listen for the worst and pay more attention to that than the positive," says Jerabek.

Take the advice and run with it: "If someone tells you that you can do better, take their advice in good measure because they most likely see some potential that has yet to be realized," says Jerabek. ISTOCK

Make that change

Share the responsibility for evolving

- If you need to make changes (you see how a problem is affecting function of the team or performance of the company or customers), develop a strategy and set goals for next year.
- In figuring out an action plan, be sure to ask for assistance from your boss, such as coaching, additional training or self-help resources.

Actively listen — and learn

Professional growth is based on knowing where you can improve. Listen to criticism with an open mind. Was it a decision you made or a behaviour that you displayed that you don't realize is problematic? If you don't understand a point the appraiser is trying to make, ask for more information. For example: "Can you provide an example of when you felt I didn't handle a project well?"

Own your mistakes and learn from them

Any "mistake" you might have made will come up during the discussion. Jerabek recommends you acknowledge the mistake but don't beat yourself up over it. "Hopefully you have made good since it happened. Also, make sure your boss can see that you understand what happened, why it happened, and the consequences. Then, (think about) the steps you will take so something like that never happens again."

Take notes

A performance review is emotionally charged for most people and that can often make you feel flustered. Capture what is being said by taking notes — so you can refer back to them for what was said, instead of what you remember being said.

The great web of work

- Career Bear is Canada's premier source for people who want a new career but aren't sure where to start.
- Visitors to the website can browse careers by industry, salary, outlook or alphabetical listing and find job profiles, quick career facts and training programs near them.

NHL

Crawford outduels Elliot as Hawks stop Blues

Corey Crawford came away with the shutout in this one, not Brian Elliott.

Chicago's goalie stopped 30 shots and Bryan Bickell and Marian Hossa scored to lead the Blackhawks to a 2-0 win over the St. Louis Blues on Sunday, ending Elliott's bid for a fourth straight shutout.

Elliott had shut out the Red Wings, Predators and Wild in succession on the road for a franchise record scoreless run of 189 minutes and 23 seconds. His overall shutout string ended at 214 minutes in the second period.

THE ASSOCIATED PRESS

Marian Hossa, left, and Corey Crawford celebrate Sunday's win in Chicago. THE ASSOCIATED PRESS

NBA

Heat too hot for Bulls in Miami

LeBron James scored 24 points, Dwyane Wade added 22 and the Miami Heat set a franchise record for home wins in a season (36), topping the Chicago Bulls 105-93 on Sunday.

Mario Chalmers and Chris Andersen each scored 15 for Miami.

THE ASSOCIATED PRESS

Adam Scott celebrates alongside caddie Steve Williams after making a birdie putt on the second sudden-death playoff hole to defeat Angel Cabrera to win the Masters on Sunday in Augusta, Ga. ANDREW REDINGTON/GETTY IMAGES

Adam rises above Angel at Augusta

Golf. Aussie Scott makes up for British Open meltdown with steely Masters win over Cabrera in sudden-death

Adam Scott became the first Australian to win the Masters, beating Angel Cabrera on the second hole of a playoff on a soggy Sunday at Augusta National.

The Masters went to a sudden-death playoff for the second year in a row when Scott and Cabrera made matching birdies on the 72nd hole.

They both made par on the first extra hole, returning to No. 18, before Scott rolled in a 12-footer for birdie to win it.

Scott pumped his fists in the air, screaming toward the grey, darkening sky, and embraced caddie Steve Williams, who was on the bag for 13 of Tiger Woods' 14 major titles.

For Scott, this is the first, making up for his major meltdown at last year's British Open, where he bogeyed the last four holes to lose by a stroke to Ernie Els.

"I found my way today," Scott said.

Scott, playing in the next-to-last group, made a 20-foot putt at 18 and celebrated with Williams as if it were over. Cabrera, in the final group, watched from the fairway knowing he had to hit a brilliant shot.

He did.

Cabrera's ball pulled up three feet from the cup for an easy birdie that sent the two players to the playoff tied at 9-under 279.

"That's how golf is," said Cabrera, who was denied his third major title. "I had some issues during the course but I came back."

THE ASSOCIATED PRESS

Tiger tails off

Tiger Woods
GETTY IMAGES

Tiger Woods came up short again. He hasn't won the Masters since 2005, or any major since 2008.

- "I had a hard time getting accustomed to the speed," said Woods, who finished in a tie for fourth at 283. "Every putt I left short for probably the first eight holes."

Jays explore shifting Lawrie to second

Jays shortstop Munenori Kawasaki slides safely into second past Royals shortstop Alcides Escobar on Sunday in Kansas City. JAMIE SQUIRE/GETTY IMAGES

With Jose Reyes' injured left ankle exposing their lack of infield depth, the Toronto Blue Jays are experimenting with playing Brett Lawrie at second base as he continues to work his way back to the big leagues from an oblique injury.

Lawrie, who played his first two pro seasons at second in the Milwaukee Brewers farm system, started at the position on Sunday for the Class-A Dunedin Blue Jays.

"Missed playin 2nd!!" Lawrie wrote on Twitter after the game. "Love to have that feel back!!"

If Lawrie looks all right at second, the Jays might use him there when he returns to the club while keeping Jose Bautista at third, general manager Alex Anthopoulos said.

"It's not something we're ready to commit to, it's just more of a chance to do it and this is probably as good a time as any."

TORSTAR NEWS SERVICE

Jays fall in Kansas City

Alex Gordon drove home Chris Getz with a single in the ninth inning, and the Kansas City Royals beat the Toronto Blue Jays 3-2 on Sunday.

- The Blue Jays also lost star shortstop Jose Reyes until the all-star break after he severely sprained his left ankle sliding into second Friday. THE ASSOCIATED PRESS

4 SPORTS

Sens look for redemption to end road trip

NHL. Ottawa will begin five-game homestand after Boston faceoff

The Senators' seven-game road trip will finish Monday where it began — but hopefully with a different result.

Ottawa, forced out of Scotiabank Place for the past two weeks due to the IIHF women's world hockey championships and various other events, started the road trip with a 3-2 loss in Boston and would love nothing more than to be able to finish it with a win over its division rival, the Bruins.

The Senators spent 12 days on the road before returning to Ottawa on Sunday for one day off, allowing players to grab a clean change of clothes before heading back out again.

Ottawa lost the first four games of its road swing before rebounding with wins against Philadelphia and New Jersey. The slide left the Sens sitting precariously in sixth in the Eastern Conference with the New York Islanders and New York Rangers just one and two points back, respectively.

"We're hanging in there and those two wins were key for us and we still have a big one tomorrow," said Ottawa defenceman Marc Methot. "I'm paying attention (to the standings), it's hard not to. You're always curious to see what position you are."

It won't get any easier in Boston, where the Senators have gone 0-2-2 this season.

"It's no secret we've been struggling (in Boston)," said Methot. "The games have been pretty tight, but we just can't seem to close them out. We've got to come out and ... stick to our game plan."

Turnovers and penalty trouble were a big problem for the Senators during the losing streak and now they need to keep things simple against a Bruins team that will be just as anxious for a win after losing their last two games.

"We haven't found a way to play a good enough 60 or 65 minutes to beat them," said Senators head coach Paul MacLean. "We've always said the road to anywhere you want to go in the playoffs has to go through Boston at some point. You have to beat them to go anywhere and (Monday) is our next opportunity."

THE CANADIAN PRESS

Between the pipes

Craig Anderson will get the start Monday. Anderson has yet to face Boston this season, but has a 3-8-0 career record against the Bruins.

Closing out

"Right now it's doing the little things right and doing them longer than the other team."

Senators goalie Craig Anderson, who says he's felt good since returning after missing 18 games due to a high ankle sprain.

Senators forwards like Zack Smith will need to get by the imposing frame of Boston defenceman Zdeno Chara for a shot at beating their division rival Bruins on Monday. JARED WICKERHAM/GETTY IMAGES

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NBA

EASTERN CONFERENCE

	W	L	Pct	GB
z-Miami	64	16	.800	—
y-New York	53	27	.663	11
y-Indiana	49	31	.613	15
x-Brooklyn	47	33	.588	17
x-Atlanta	44	36	.550	20
x-Chicago	43	37	.538	21
x-Boston	41	39	.513	23
x-Milwaukee	37	43	.463	27
Philadelphia	33	47	.413	31
Toronto	32	48	.400	32
Washington	29	51	.363	35
Detroit	28	52	.350	36
Cleveland	24	56	.300	40
Orlando	20	60	.250	44
Charlotte	19	61	.238	45

WESTERN CONFERENCE

	W	L	Pct	GB
y-Oklahoma City	59	21	.738	—
y-San Antonio	58	21	.734	½
x-Denver	55	25	.688	4
y-L.A. Clippers	54	26	.675	5
x-Memphis	54	26	.675	5
x-Houston	45	35	.563	14
x-Golden State	45	35	.563	14
L.A. Lakers	43	37	.538	16
Utah	42	38	.525	17
Dallas	40	40	.500	19
Portland	33	47	.413	26
Minnesota	30	50	.375	29
Sacramento	28	52	.350	31
New Orleans	27	54	.333	32½
Phoenix	24	56	.300	35

x — clinched playoff berth z — clinched conference
y — clinched division

SUNDAY'S RESULTS

Miami 105 Chicago 93
New York 90, Indiana 80
Philadelphia 91 Cleveland 77
Toronto 93 Brooklyn 87
Denver 118 Portland 109
Dallas 107 New Orleans 89
Sacramento at Houston
San Antonio at L.A. Lakers

SATURDAY'S RESULTS

Boston 120 Orlando 88
Charlotte 95 Milwaukee 85
Minnesota 105 Phoenix 93
L.A. Clippers 91 Memphis 87

NHL

EASTERN CONFERENCE

	GP	W	L	OTL	SL	GF	GA	Pt
dx-Pittsburgh	42	32	10	0	0	141	102	64
dx-Montreal	41	26	10	3	2	128	100	57
d-Washington	42	23	17	2	0	129	118	48
Boston	41	26	11	2	2	116	91	56
Toronto	41	23	13	0	5	128	113	51
Ottawa	41	21	14	2	4	101	89	48
NY Islanders	42	21	16	4	1	119	122	47
NY Rangers	41	21	16	0	4	100	96	46
Winnipeg	42	21	19	0	2	109	123	44
Buffalo	43	18	19	2	4	111	128	42
New Jersey	41	15	16	3	7	96	113	40
Philadelphia	41	17	21	1	2	108	126	37
Tampa Bay	42	17	22	1	2	133	131	37
Carolina	41	17	22	1	1	107	131	36
Florida	41	13	22	5	1	99	142	32

WESTERN CONFERENCE

	GP	W	L	OTL	SL	GF	GA	Pt
dx-Chicago	41	32	5	0	4	134	85	68
d-Anaheim	42	27	10	2	3	125	105	59
d-Vancouver	41	23	12	1	5	112	100	52
Los Angeles	42	24	14	1	3	120	104	52
San Jose	41	21	13	3	4	102	102	49
St. Louis	41	23	16	1	1	110	104	48
Minnesota	41	22	16	1	2	105	103	47
Dallas	41	21	17	2	1	116	121	45
Detroit	41	19	15	3	4	103	107	45
Columbus	42	19	16	3	4	102	107	45
Phoenix	41	18	16	3	4	110	110	43
Edmonton	41	16	18	4	3	103	115	39
Nashville	42	15	19	2	6	98	115	38
Calgary	41	16	21	1	3	110	141	36
Colorado	42	14	22	4	2	100	131	34

x — clinched playoff berth y — clinched division

Sunday's results

Chicago 2 St. Louis 0
Buffalo 3 Tampa Bay 1
Detroit at Nashville

Saturday's results

Buffalo 1 Philadelphia 0
Colorado 4 Vancouver 3
Carolina 4 Boston 2
NY Rangers 1 NY Islanders 0 (OT)
Toronto 5 Montreal 1
Washington 6 Tampa Bay 5 (OT)
Pittsburgh 3 Florida 1
Columbus 3 Minnesota 2 (SO)
Dallas 2 San Jose 1
Calgary 4 Edmonton 1
Los Angeles 2 Anaheim 1

MLB

AMERICAN LEAGUE

EAST DIVISION

	W	L	Pct	GB
Boston	7	4	.636	—
Baltimore	6	5	.545	1
New York	5	5	.500	1½
Toronto	5	7	.417	2½
Tampa Bay	4	7	.364	3

CENTRAL DIVISION

	W	L	Pct	GB
Detroit	7	5	.583	—
Kansas City	7	5	.583	—
Cleveland	5	6	.455	1½
Chicago	5	7	.417	2
Minnesota	4	7	.364	2½

WEST DIVISION

	W	L	Pct	GB
Oakland	9	4	.692	—
Texas	8	5	.615	1
Seattle	6	8	.429	3½
Houston	4	8	.333	4½
Los Angeles	4	8	.333	4½

SUNDAY'S RESULTS

Chicago White Sox 3 Cleveland 1
Boston 5 Tampa Bay 0
N.Y. Mets at Minnesota postponed
Kansas City 3 Toronto 2
L.A. Angels 4 Houston 1
Detroit 10 Oakland 1
Seattle 4 Texas 3
Baltimore at N.Y. Yankees

SATURDAY'S RESULTS

Boston 2 Tampa Bay 1 (10)
Detroit 7 Oakland 3
Cleveland 9 Chicago White Sox 4
Baltimore 5 N.Y. Yankees 3
N.Y. Mets 4 Minnesota 2
Toronto 3 Kansas City 2
L.A. Angels 5 Houston 4
Texas 3 Seattle 1

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Angel Cabrera, $864,000	71-69-69-70—279
Jason Day, $544,000	70-68-73-70—281
Marc Leishman, $352,000	66-73-72-72—283
Tiger Woods, $352,000	70-73-70-70—283
Brandt Snedeker, $278,000	70-70-69-75—284
Thorbjorn Olesen, $278,000	78-70-68-68—284
Matt Kuchar, $232,000	68-75-69-73—285
Sergio Garcia, $232,000	66-76-73-70—285
Lee Westwood, $232,000	70-71-73-71—285

Horoscopes

♈ Aries
March 21 - April 20
The Sun, Venus and Mars all leave your sign over the coming week, suggesting a major change of emphasis in your life events. Put simply: you've had your fun, now you must find ways to pay for it.

♉ Taurus
April 21 - May 21
No matter how much fun you are having at the moment the real fun has hardly begun.

♊ Gemini
May 22 - June 21
Luck will come your way when you most need it this week, so don't worry about how you are going to pay your way because the universe will provide. You've still got to make some effort though.

♋ Cancer
June 22 - July 23
Your likes and dislikes will be clear for all to see over the next few days. Don't try to hide them

♌ Leo
July 24 - Aug. 23
You need to transform the working pattern of your life and the planets will help you in a big way over the next seven days. You don't have to do much yourself – just expect opportunities and act quickly when they arrive.

♍ Virgo
Aug. 24 - Sept. 23
There will be several opportunities to indulge your desires this coming week, and you should take advantage of each and every one of them. Life is supposed to be fun, so make having a good time your top priority.

♎ Libra
Sept. 24 - Oct. 23
This could be and should be a fortunate time for you but you must also be careful. There is a tendency to take too much for granted and maybe overextend yourself financially. Remember your Libra sense of balance.

♏ Scorpio
Oct. 24 - Nov. 22
Spend more time with partners and loved ones and relatives. You are so plugged into life and it's many possibilities that you sometimes neglect those who really count. Make it up to them – put them first today.

♐ Sagittarius
Nov. 23 - Dec. 21
You must not, repeat not, push yourself beyond your limits over the next few days.

♑ Capricorn
Dec. 22 - Jan. 20
There are various times when it all comes together and this is one of them. Over the next few days you will find that your energy peaks and you have more enthusiasm for life in general – and creativity in particular.

♒ Aquarius
Jan. 21 - Feb. 19
The cosmic emphasis is about to shift to domestic matters but there is still time to do something special in the world.

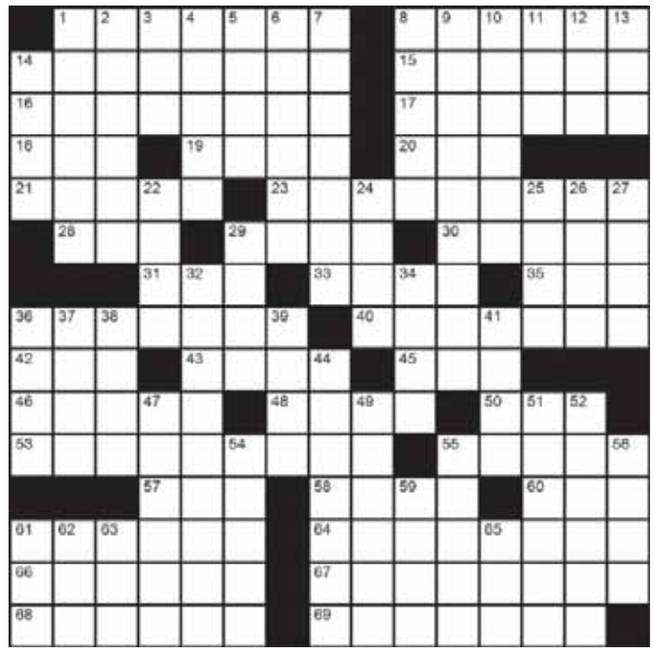
♓ Pisces
Feb. 20 - March 20
Get moving quickly today because once you get going you won't want to stop and you will accomplish much more than you expected.

SALLY BROMPTON

Crossword: Canada Across and Down

See today's answers at metronews.ca/answers.

BY KELLY ANN BUCHANAN



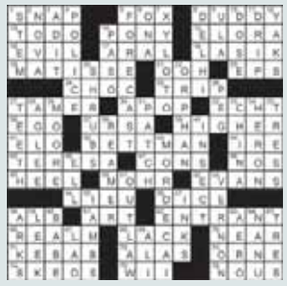
Across

1. April 15th, 1912: RMS __
8. Picturesque
14. North Vancouver attraction, __ Suspension Bridge
15. Skill
16. Turbulence
17. Pencil part
18. Prefix to 'hazard'
19. Evening, in Italy
20. Prefix to 'culture' (Beekeeping)
21. Accounting firm, __ & Young
23. Loser in a numbers game: 3 wds.
28. Envision
29. Move to and fro
30. Curt
31. "Gotcha!"
33. Comedian Mr. Meyers
35. Maiden name indicator
36. Belfast shipyard that built #1-Across, __ and Wolff
40. Grooms-to-be, maybe
42. "I ___ bit hungry, actually."
43. Time __ __ the essence
45. Lamb's laugh
46. Raring to go
48. Construct
50. 6s, Roman-style
53. __, Manitoba (Polar Bear Capital of the World)
55. Golden coatings
57. Bar brew
58. Four-ringed logo car
60. 'San' add-on (Ms. Bullock)
61. "Lawrence of __" (1962)
64. Where many of the unsinkable ship's victims are buried in Halifax, __ Lawn Cemetery
66. Create, like Michelangelo
67. Closed-off areas
68. Strife
69. "__ ___ forget that..." (We should remember...)

Down

1. Fleshy-snouted animals
2. Apple product
3. Neckwear
4. "Take _ __ look around."
5. Place for pews
6. One after another: 3 wds.
7. Pina drinks, like the '70s song
8. Prepare, as broccoli
9. Ship that rescued Captain Smith's ship's survivors
10. "Seinfeld" role
11. Belonging to Omaha's li'l state
12. 'Comb' completer (Put together)
13. Middle, mini-ly
14. Rubik's __
22. Fancy envelope's waxy blob
24. Salon supplies
25. Yes __ __ question
26. __-friendly (Easy to operate)
27. Starts to golf, __ up
29. Without
32. Barrettes: 2 wds.
34. Toothpaste holder
36. Hic, __, hoc
37. Type of nursemaid
38. Spaghetti sauce brand
39. Two music notes flanking Re
41. Rudyard Kipling tale, Rikki-Tikki-__
44. Popular Mideast chickpea dish
47. Maple: French
49. __ National Park and Reserve, in the Yukon
51. Simon Cowell's 'popera' quartet: 2 wds.
52. Heartbreak Hotel's locale, Lonely __
54. Preliminary races
55. The Spice __
56. Cuts
59. Book of word meanings, for short
61. Burdened beast
62. Purchaser's li'l slip
63. 'Cent' add-on (Man/horse creature)
65. Vehicle variety

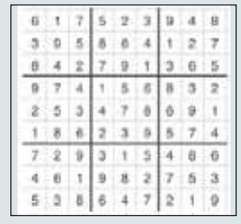
Friday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Friday's Sudoku



		1	9			4		
8	7			5	6			
6			4				3	
9				6				7
		3				1		
5				8				6
	2				5			1
			2	3			9	4
		7			1	8		

Today 15°/8° Variable
Tuesday 15°/3° Rain 90%
Know what the weather will be 14 days from now.
Check the 14 day trend.
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